

1 **Meditation Using Darkness** (Om Johari, 847-985-6677, omjohari@comcast.net)

2 (1) From: <http://www.meditationlife.com/m3.html> - **Darkness Meditation: Sitting silently**
3 **in total darkness with the eyes open.** With nothing outside to see... awareness is
4 naturally directed to focus deeper inside, allowing a melting into the unknown.

5 (2) Excerpted from: OSHO DARSHAN DAIRY - **Dance Your Way to God: Chapter 19:**
6 OSHO (*addressing a "night" person*): Night is going to help you tremendously... So you
7 have to be alert about it... Your time is the night. **So use the night more and more. Just**
8 **be alone, sit silently, look into the darkness. Become one with the dark, disappear**
9 **into it. Look at the stars - feel the distance, the silence, the emptiness, and use**
10 **night for your meditation. Just sitting in the bed doing nothing, just feeling. Many**
11 **people are completely unaware of the beauties of the night...** It is the right time for
12 meditation... The day is too worldly - the night is very spiritual... By and by the whole
13 world goes to sleep. Everything stops; traffic stops, noises stop - the mundane world is
14 over... The atmosphere is absolutely clean - no jarring note. The middle of the night is
15 exactly the best time for meditation - for you at least. So just start enjoying the beauty of
16 the night... Wait hopefully every day - the night is coming. So become an owl!

17 (3a) **A simple, beautiful way to overcome fears** [excerpted from Chapter 52: **Come**
18 **Back to Existence** of OSHO's **The Book of Secrets**]. Technique (76): IN RAIN DURING
19 A BLACK NIGHT, ENTER THAT BLACKNESS AS THE FORM OF FORMS... There has
20 been one very old esoteric school... school of Essenes... **who thinks of God as**
21 **absolute darkness... absolute blackness... just an infinite black night.** This is very
22 beautiful and very meaningful... Why has God been symbolized everywhere as light? Not
23 because God is light, but because **man is afraid of darkness.** Our gods are created out
24 of our fear. We give them shape and form. We are afraid in darkness, so God is light.
25 Essenes say that God is darkness, and there is something in it. One thing: **darkness is**
26 **eternal. In the morning the sun will rise and there will be light; in the evening the**
27 **sun will set and there will be darkness. For darkness nothing will rise - it is always**
28 **there. Light comes and goes; darkness remains. Light always has some source;**
29 **darkness is without source...** **Darkness is relaxation, total relaxation.** But why are
30 we afraid of darkness? Because light appears to us as life - it is; and darkness appears to
31 be death - it is. That's why we paint death as black, and black has become a color for
32 mourning. But these are our fears projected. Actually, darkness has infinity; light is
33 limited. Darkness seems to be the womb out of which everything arises and into which
34 everything falls. Essenes took this standpoint. It is very beautiful and very helpful also...
35 **If you can enter into darkness - and you can enter only when there is no fear - you**
36 **will achieve total relaxation. If you can become one with darkness, you are**
37 **dissolved, it is a surrender. Now there is no fear.** For these techniques **there should**
38 **be no fear in your mind about darkness, about blackness, otherwise how can you**
39 **do this experiment? First the fear must be dropped. So do one thing as a**
40 **preliminary step: sit in darkness, put off the lights, feel darkness. Have a loving**
41 **attitude towards it; allow the darkness to touch you. Look at it. Open your eyes in a**
42 **dark room or in a dark night; have a communion, be together, imbibe a**
43 **relationship... a deep friendship with darkness is needed.** Sometimes in the night
44 when everyone has gone to sleep, remain with the darkness. Don't do anything, just
45 remain with it. And just remaining with it will give you a deep feeling towards it, because it
46 is so relaxing. You have not known it simply because of the fear. If you are not feeling
47 sleepy, you will put on the light immediately, you will start reading or doing something, but

48 you will not remain with the darkness. Remain with it. If you can remain with it, you will
49 have new openings, new contacts with it.

50 (3b) Don't be scared of darkness [From The Times of India of September 6, 2008 at:
51 [http://timesofindia.indiatimes.com/Bangalore/Dont_be_scared_of_darkness_/articleshow/
52 3450809.cms](http://timesofindia.indiatimes.com/Bangalore/Dont_be_scared_of_darkness_/articleshow/3450809.cms)] ... Humans are afraid of darkness because in their primitive days, there
53 was no light on earth, and they were surrounded by wild animals. **The best way to get
54 rid of the fear is meditation... This is not the negative darkness which is absence
55 of light, but a positive darkness which is the source of all forms. One needs a pitch
56 dark room for this kind of meditation...** By practising these simple steps, suggested by
57 Osho, one will soon learn to be comfortable with darkness: (a) Sit in a dark place with
58 eyes open and stare into the darkness. Darkness in its truest sense can be experienced
59 on a rainy night, when the stars are hidden by the clouds.(b) Develop a deep communion
60 and friendship with this darkness. (c) **Make sure that the eyes are not shut. The
61 darkness that one feels with closed eyes is not the same as the one with open
62 eyes. The former is a negative darkness, while the latter is positive.** (d) Stare into
63 the black night. In time, one will feel utterly relaxed. One may soon feel the waves of
64 darkness entering within from all sides. (e) Accept them without fear. If any fear comes
65 up, feel them, be aware of them and bring them into the conscious. They will come by
66 themselves, and they will disappear by themselves. (f) Once the fear disappears, a
67 beautiful phenomenon takes place. One gets the feeling that the darkness is a cosmic
68 womb and one can rest, and dissolve into it.

69 (5) Excerpt from Chapter 7: **Translucent Darkness** of OSHO's **Theologia Mystica**
70 (Discourses on the Treatise of St. Dionysius; original Sayings of St. Dionysius are in ALL
71 capitals) ...Patanjali says... **meditation is the goal, God is only a hypothesis...**
72 remember, the moment you have learned how to meditate, drop that support. It was just
73 to help you in the beginning... Patanjali says, there are many supports. One of those
74 supports is the belief in God. If it helps you to surrender the ego... drop the mind, good;
75 because the ultimate thing... is **how to drop the ego, how to drop the mind...** The ego
76 means "I" and God means "thou." How can the "thou" exist without the "I"?

77 ... (St. Dionysius) says: WE LONG EXCEEDINGLY TO DWELL IN THIS
78 **TRANSLUCENT DARKNESS**... Nobody before him, particularly in the Christian tradition,
79 had ever talked about the darkness of God... WE LONG EXCEEDINGLY TO DWELL IN
80 THIS TRANSLUCENT DARKNESS ... Light is a momentary phenomenon, **darkness is
81 eternal**... Light divides. It is light and I can see you all as different persons. **If suddenly
82 darkness descends you will all disappear in the darkness; all distinctions will be
83 lost**... Light cannot do that miracle, and in that way **God is closer to darkness than to
84 light**... Darkness has depth, light is always shallow... The Bible says in the beginning
85 there was darkness - not light... a tremendously significant statement. Dionysius says:
86 WE LONG EXCEEDINGLY TO DWELL IN THIS TRANSLUCENT DARKNESS ... **Our
87 only desire is to dwell in this darkness, in this infinity, in this distinctionless,
88 unadulterated, abysmal darkness. We want to lose ourselves into it... AND
89 THROUGH NOT SEEING AND NOT KNOWING TO SEE AND TO KNOW HIM ... The
90 only way to see God is to stop seeing... to drop all knowledge, because your
91 knowledge will be an interference.** Your seeing will be your seeing; it will be a
92 projection of your ego... If we want to know the truth we will have to learn some new way.
93 **That's what meditation is all about: not seeing, not knowing. That is meditation,
94 agnosia ... if you want to know the truth, you will have to un-learn all your ways...**